

23/04/19

Dear Parents/ Carers,

Your daughter has expressed an interest in training for the SCSA Cross Country team. The competition will be held at Yarra Bend on Tuesday 18th June.

We will start training in week 4. The dates are as follows:

Date	Venue	Time
14/05	Kilbreda	Lunchtime
15/05	Mentone Beach	7.45am @ Kilbreda
21/05	Mentone Football Oval	Lunchtime
22/05	Mentone Beach	7.45am @ Kilbreda
24/05	Mentone Football Oval	Lunchtime
28/05	Mentone Football Oval	Lunchtime
29/05	Mentone Beach	7.45am @ Kilbreda
31/05	Mentone Football Oval	Lunchtime
4/06	Block Run – Mentone Parade/ Beach Road/ Warrigal Road/ Como Parade	Lunchtime
5/06	Mentone Beach	7.45am @ Kilbreda
7/06	Mentone Football Oval	Lunchtime
11/06	Block Run – Mentone Parade/ Beach Road/ Warrigal Road/ Como Parade	Lunchtime
14/06	Mentone Beach Ramps	Lunchtime

On the Wednesday morning sessions, the girls will need to meet at Kilbreda at 7.45am. They may be bused down to the beach to complete a beach session or they may run to the beach and be picked up at the other end by a bus driver from Kilbreda. All other sessions will take place at either Kilbreda College, Mentone Football Oval or a block run around surrounding local streets during their lunchtime.

The girls will need to wear comfortable running clothes.

Please ensure they bring any medical equipment that they may need.

An email will be sent to you through the parent portal. Please confirm your daughter's participation as soon as possible.

If you have any questions about this training program then please do not hesitate to contact either Maree Clark (maree.clark@kilbreda.vic.edu.au) or Joanne Wood (joanne.wood@kilbreda.vic.edu.au).

Kind regards

Maree Clark & Joanne Wood

Sport Coordinators